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New look
leisure



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Tales of
survival



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Sprucing
up streets

the newham mag

issue 383 // 09 February – 22 February 2018 // Every fortnight



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your fitness
goals

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everyone (pg 11)

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News

We are winning

Newham Council has called on the Government to “hold their nerve” in the face of threats from the gambling industry over a reduction in the maximum stake on Fixed Odds Betting Terminals (FOBTs) from £100 to £2.

There is speculation that the Department for Digital, Culture, Media and Sport (DCMS) are seriously considering reducing stakes to £2, which Newham Council has been campaigning for since 2014.

The speculation prompted threats from the industry that such a decision could be challenged in court. Mayor Sir Robin Wales urged the Culture Secretary Matthew Hancock and the Government not to run scared.

He said: “Newham has 81 betting shops across the borough with 12 in a single street. Betting shops have been shown to cluster in deprived areas, reduce the vitality of the high street and are linked to anti-social behaviour. Only a reduction to a £2 maximum stake would reduce the number of betting shops on our high streets, and free them up for more socially and economically productive businesses.”

Newham was the first local authority to campaign for FOBT stake reduction. In 2014 the council submitted the largest ever Sustainable Communities Act proposal, backed by 92 other councils, calling for a FOBT stake reduction to £2. FOBTs account for more than half of the money bookmakers make across all their businesses.

Added the Mayor: “The proliferation of betting shops in high streets is driven by the gambling industry’s relentless pursuit of profit at any cost. FOBTs allow players to

lose £100 every 20 seconds and last year, in Newham alone, £20m was lost. That’s money our families and our economy cannot afford to lose.

“More than 90 local authorities, industry watchdogs and campaigners have made a powerful and compelling argument for a £2 maximum stake. The Government must not run scared at the first sign of a threat from this powerful industry.”



Newham lost £20m last year to FOBTs

£2 maximum stake moving closer

News

Remembering Holocaust

Mayor Sir Robin Wales joined officials from West Ham United and the Royal British Legion in lighting candles to remember victims of the Holocaust.

The six candles marking Holocaust Memorial Day were lit on the pitch at the London Stadium ahead of the Hammers game against Crystal Palace.

The candles represented six million Jewish people who lost their lives during World War Two to the Nazi regime. They were lit by the Mayor; West Ham's joint chairman David Gold; non-executive director Daniel Harris; Alana Harris, granddaughter of a Holocaust survivor; Hammers legend Sir Trevor Brooking; and Gary Matthews from the Royal British Legion.

Sir Robin Wales said: "Six million Jewish people were murdered simply for who they were. At least another five million Roma, gay people, disabled people, and those who held certain political beliefs were also killed. We must remember the horrors of the Holocaust and pass down the memory to future generations."



The candle lighting ceremony

Mayor takes licensing fight to government



Sir Robin addresses the committee

Mayor Sir Robin Wales addressed the Local Government Select Committee on Monday 29 January to highlight how Newham's private rented sector licensing scheme is protecting tenants against criminal landlords.

Newham's borough wide PRS licence allowed the council to prosecute more criminal landlords than the rest of London combined, but local authorities still have to apply to the Government to have these schemes through an arduous and bureaucratic process.

Sir Robin called on the Government to give more powers to local authorities to licence private rented properties without needing an application, citing some of the awful conditions discovered over the past few years in Newham.

He said: "Twenty-five people in a three-bedroom house is not unusual. You cannot have 25 neighbours living next door. There were two people living in a walk-in freezer. It cost £500 for a bed in a bedroom with four beds—bunk beds. These are shocking conditions. There was a family living in a place in the garden, built with chipboard. They have a fridge and a washing machine powered from the kitchen."

People are living in **shocking** conditions

...in brief

Pride in flying the flag



The college's rainbow logo

Newham councillors Tahmina Rahman and Steve Brayshaw helped Newham College in East Ham unveil a new rainbow version of its logo to mark the college's commitment to equality and diversity and support for Lesbian, Gay, Bisexual and Transgender (LGBT) History Month.

The logo was unveiled by the councillors with college principal and chief executive Paul Stephen and chair of the college's LGBT committee, Olivia Besly. Mr Stephen said: "At Newham College we believe that people who can be themselves fully achieve great things both in their own lives and the communities they serve."

Councillor Rahman, Cabinet member for equalities, said: "The new logo is a symbol of a commitment to equal rights and inclusion in our community. It sends a clear message of support and solidarity with LGBT residents."

Landlord crackdown is welcomed

Newham Council, which has led the battle to protect tenants from bad landlords, has welcomed a private member's bill by Westminster North MP Karen Buck to improve tenants' rights.

Her Homes (Fitness for Human Habitation and Liability for Housing Standards) Bill calls for an obligation on all landlords to ensure their property is fit for human habitation at the beginning of the tenancy and throughout. Since 2013 Newham has brought 1,255 prosecutions against criminal landlords.

Mayor Sir Robin Wales said: "We welcome the additional protections this Bill will provide for tenants. It is completely unacceptable that a minority of rogue landlords exploit vulnerable tenants by providing sub-standard accommodation."

Bootcamp classes fun

Newham Council and fitness organisation Our Parks are delivering a 40-week programme of free outdoor Bootcamp classes at Little Ilford Park in Manor Park.

The sessions began on 7 January. They take place on Saturdays from 10am to 11am with qualified instructors and cater for all abilities and fitness levels.

The sessions are open to people aged 16 and over. Parents can bring children aged three and over. Visit www.ourparks.org.uk

Renew Freedom Pass

Older Newham residents with a Freedom Pass that expires in March will be receiving a letter from 5 February onwards asking them to renew their pass.

You can renew online and there are instructions in the letter on how to do this. Each letter also includes a paper form for those who need to renew via post. Residents with any queries should call **0300 330 1433**.

Walk your way to fitness

Newham Council has joined forces with West Ham United Foundation and NHS Newham Commissioning Group and the Premier League to encourage women to take part in free walking football and basketball sessions.

You must be aged 18 or over, book in advance and fill out a medical form. To book a place or for more details contact Darryl Gheerawo, on dgheerawo@westhamunited.co.uk.

1,255 prosecutions against criminal landlords

Mayor's view

Intervention is vital to solve

London has a housing crisis. Central Government has not provided enough money to build the homes that Londoners need. Right to Buy has reduced our housing stock, and the Government does not help us build the houses that we have lost. Thanks to this, more than 40 per cent of Newham residents now live in the private rented sector.

In part, this crisis has been created by the Government failing to intervene. I believe that for markets to work for people, we have to intervene in them.

That is exactly our strategy with the housing market. We are intervening in all aspects of the housing sector to make sure it works for our residents. So what have we done, and what are we going to do?

Newham had the first licensing scheme for private rented properties, and combined with a strong enforcement approach, it has allowed us to convict more criminal landlords than the rest of London combined. We have convicted more than 1,200 criminal landlords and continue to work co-operatively with the good landlords in the borough to drive up standards and tackle unsafe conditions for tenants.

We are also the first council to introduce a letting agents rating scheme, to give renters the information they need to avoid rip-off rates and poor service, rating letting agents from one to five stars. It names and shames the most unscrupulous agents to improve choice and encourage professionalism.

We have also intervened to help some of our most



Seeing conditions with Jack Dromey MP and Cllr Andrew Baikie



Tackling crowded and unsafe conditions



e housing challenge



Meeting the demand for new housing

vulnerable residents. Local Space, our housing association especially setup to help homeless households, has housed more than 3,600 homeless families in 1,800 properties. They have received semi-permanent homes – averaging between three and six years – to help them get back on their feet. We know there is more to be done and that homelessness is a growing issue. That is why moving forward I will continue to invest in Local Space. They will keep buying more properties and introduce record levels of housing for homeless people in the borough.

However, the most effective way to tackle the housing crisis is to build more homes. The private sector will not do it, so we will. This is why we have established a council-owned housing company. We can build



Letting agent receives a five star rating

thousands of homes and genuinely affordable homes, without the risk of losing them through Right to Buy. Any money we make from this will be reinvested into housing and affordable housing, building the homes that Newham needs.

“We are the first council to introduce a letting agents rating scheme”

This is our large-scale, interventionist response to make sure that Newham gets the housing it needs. It is a long-term and much needed solution, to make sure that no-one is left behind.



Warm welcome for new leisure facilities



Balaam Leisure Centre and Newham Leisure Centre have now been re-opened after a £1.6 million refurbishment project that added state-of-the-art equipment as well as air conditioning and extra space for residents to work out in.

The refurbishment, carried out by Newham Council in partnership with activity and leisure provider activeNewham, means all five of the borough's leisure centres now offer residents a wide variety of facilities to suit their individual fitness needs.

Newham Leisure Centre in Plaistow now has new cardio and strength equipment. The ground floor has been extended to include a larger free weights area and women only sessions at set times in the top floor of the gym.

At Balaam Leisure Centre in Plaistow residents can now use the facilities around the clock as the site is staffed 24 hours - an offer that has proved particularly popular with fitness fans because of its added convenience.

The centre also includes a new studio that is equipped with technology to allow for new yoga classes where

temperatures can soar to 40 degrees. The classes will increase heart rates and metabolism, burning more calories than a standard class.

In addition both centres now feature improved air conditioning facilities leading to some positive reviews.

Mayor Sir Robin Wales attended the official re-opening of Balaam Leisure Centre where he tested some of the new gym equipment and saw the refurbished changing rooms.

He said: "Our residents deserve access to the best leisure facilities available. That is why we have been investing in our leisure centres - not just with £1.6 million at Balaam and Newham leisure centres but also £14.7 million in the Atherton Leisure Centre in Stratford, which now boasts a 25-metre, six lane swimming pool, as well

as a 20-metre training pool. And we plan to keep on investing in them.”

Since re-opening, 600 new members have joined Balaam Leisure Centre while more than 500 have signed up at Newham Leisure Centre. All of them have commented on the improvements.

Resident Costica Giol, who uses Balaam Leisure Centre, said: “I can say it is clean, new and they have memberships to suit any pocket and lifestyle. I am very pleased with the choice I made.”

Newham

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Leisure and Sports Centres

Atherton Leisure Centre, 189 Romford Road, E15

Balaam Leisure Centre, 14 Balaam Street, E13

East Ham Leisure Centre, 328 Barking Road, E6

Manor Park Fitness Centre, 464 High Street North, Manor Park, E12

Newham Leisure Centre, 281 Prince Regent Lane, E13

For more information visit

www.activenewham.org.uk/leisure-centres



Sir Robin with staff at the opening of Balaam Leisure Centre



Old facilities at Balaam centre



New facilities at Balaam centre



New facilities at Balaam centre

At Theatre Royal Stratford East for one night only!



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Getting a

KICK from new activities



Cllr Clark with residents and local councillors



London Borough of Newham

**COMMUNITY
NEIGHBOURHOODS**

Newham Council does more than many others to bring people together to make new friends and stay active. The third annual Kickstart Saturday event gave local people the chance to try something new.

More than 1,500 residents took part in a day of fun at the Forest Gate Community Neighbourhood Centre (CNC) in Woodgrange Road designed to keep them fit and healthy.

Activities arranged by the Forest Gate community neighbourhood team, working with local councillors, included table tennis, life drawing, salsa dancing, Zumba and Bollywood dance. Groups taking part included Forest Gate Community Garden, Forest Gate Youth Zone, Newham NCT, activeNewham, Forest Gate Pride and Forest Voices.

Representatives from the council's employment service Workplace and advice service MoneyWorks spoke to residents about the opportunities and services they provide to help them find employment, develop their skills and get financial help.

The Kickstart events encourage residents to be fit, healthy, active and connected. They also offer a platform

for community groups and organisations to come together to promote their activities and show residents how they can get involved.

The event was opened by the Deputy Mayor (statutory) Councillor Ken Clark. He said: "Our community neighbourhood centres are a focal point in our communities and Kickstart events are an ideal way to give our residents a chance to try some new activities. I'm glad so many of them enjoyed the day and hope that they return regularly to enjoy all the free activities on offer."

For details of activities at Forest Gate CNC email **CN.Forestgate@newham.gov.uk** or call 020 3373 0856.

Find out about events in your neighbourhood by downloading the free What's On app by visiting **www.newham.gov.uk/communityevents**

Newham
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Using power of words to defeat hate



More than 300 residents and school children from across Newham joined Mayor Sir Robin Wales and councillors to hear moving accounts of survival by those who have lived through genocides including the Holocaust.

Guest speaker at the annual Newham Council event to mark Holocaust Memorial Day was Mala Tribich MBE, who was eight when the Nazis invaded her hometown of Piotrkow-Trybunalski in Poland in September 1939.

She told the audience at Newham Town Hall in East Ham that her “world collapsed” at that point. She said: “On 1 November 1939 all the Jews were removed from their homes and were herded into the first ghetto created by the Germans. There we were humiliated, subjected to beatings, shootings and we were deprived of basic human rights.”

Although many were deported from the ghetto, Mala managed to stay with an even younger cousin and both were taken to Ravensbruck camp in 1944. She said: “We had to undress and everything was taken from us. Our heads were shaved and we were given prison

camp clothes. We all looked exactly the same. It was as though our very souls had been taken from us.”

She was deported to the notorious Bergen-Belsen camp. Mala said: “The scene was like something out of hell. There was smog, smell and people shuffling like zombies. People would die as they were talking to you.” The camp was liberated by the British Army on 15 April 1945.

The theme of this year’s HMD event was The Power of Words. Mala said while it was important to recognise the power of words, we should also remember that that power is combined with the way they are put over.

Mayor Sir Robin Wales said: “The dangers of division and hatred remain. We must continue to oppose the kind of racism, anti-Semitism, and intolerance that enabled these terrible crimes.

“The power of words helps us to remember the Holocaust and the unimaginable suffering people had to endure. Words also have the power to encourage people to make a stand against the intolerance and hate that drove this tragedy.

“Newham is one of the most diverse boroughs in

Mala Tribich with (from left), Isameldin Agieb, Antoinette Mushimiymana, David Gold, Sir Robin Wales and Tomas Grundza



Keir Hardie pupils made a speech



the country, where a great majority of residents agree that people from different backgrounds get on well together. We must celebrate our thriving, connected, and diverse community.”

There were also moving speeches from Antoinette Mushimiymana and Isameldin Agieb, who survived genocides in Rwanda and Darfur respectively. There were readings and poetry from children from Kingsford, Calverton, Godwin, Essex, Salisbury, Rokeby, Keir Hardie, Plashet and Lathom schools. Music came from the Every Child a Musician orchestra and choir featuring Ranelagh School pupils, and the Newham-based Roma Bridging Sounds Orchestra, the first Roma youth orchestra in the country for ages eight to 18.

Six candles were lit to remember the six million people who lost their lives during the Holocaust. They were lit by the Mayor; Mala; Antoinette; Isameldin; David Gold, joint chairman of West Ham United; and Tomas Grundza from the Roma Orchestra.



Extra police guaranteed in Mayor's budget

With the approach of the new financial year Newham Council will face even more pressure on its budget but it is determined to protect the services that Newham residents value the most.

Among them are the 40 extra police officers that the council funds and will continue to fund thanks to a guarantee from the Mayor in the upcoming budget. The council knows they are vital to ensuring the safety of residents. They are tackling the challenges of acid attacks, gang violence and knife crime.

These officers, known as the Enforcement Partnership Team (EPT), work under the direction of Mayor Sir Robin Wales and councillors, to tackle priorities around criminal and nuisance behaviour. In a recent survey, the majority of residents said they were satisfied with the way in which the police and council law enforcement officers are

dealing with crime and ASB.

During 2017 the EPT made a total of **1,005 arrests** including:

- 141 for drug offences
- 70 for assault
- 60 for theft or going equipped to steal
- 29 for possession of weapons
- 23 vehicle crime
- 17 for burglary
- 14 sexual offences

Other arrests were for a variety of offences including criminal damage, drink driving, immigration issues and breach of court orders.

With its knowledge of local residents and the area, the team have become an invaluable source of intelligence



**1,005 arrests
by the police
team**



**£1m invested
in the Fly-tip
Task Force**



**100
per cent
conviction rate
in fly-tip cases**



for the borough's police. In addition the EPT plays a vital role in supporting council officers in the battle against rogue landlords and prostitution. By joining operations including unannounced visits to suspect properties, the council has notched up the best record in the country for prosecuting bad and criminal landlords, and closing down brothels.

In addition to the EPT, the council has invested £1 million in forming a specialist team to tackle fly-tipping and will continue to do so.

The Fly-tip Task Force comprises ten officers, including former police officers, who respond directly to reports from residents, councillors and the council's cleaning teams about fly-tipping.

The task force uses high-tech investigative techniques, including covert surveillance, in-vehicle technology, and specialist crime scene investigation of fly-tips to catch culprits and tackle dumped rubbish.

Lower level offenders receive a £400 fixed penalty notice (FPN). Since May 2016 the task force has handed out 635 £400 FPNs for fly-tipping (with an 85 per cent payment rate). Those who don't pay are taken to court.

More serious cases are also taken through the courts. Since April 2017 the council has achieved a 100 per

cent conviction rate in 20 fly-tip cases taken to Thames Magistrates' Court. In the same period, 21 vehicles used in fly-tipping have been seized by the council and convicted fly-tippers have been ordered to pay more than £28,000 in fines by the court.

Mayor Sir Robin Wales said: "The safety and security of residents is our top priority. They wanted us to tackle crime and anti-social behaviour.

"In the face of extreme budgetary pressure caused by Government cuts, this council continues to fund 40 extra police officers who stop crime taking place on our streets. Their efforts, and those of our Fly-Tip Task Force ensure that Newham is a safer, cleaner place for residents to enjoy."

You can report fly-tipping by visiting **www.newham.gov.uk/asb** or to find out how to dispose of waste legally visit **www.newham.gov.uk/recycling**

Newham
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London Borough of Newham
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Winter is here...

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Keep an eye out for elderly relatives and neighbours and help them Stay Well This Winter.

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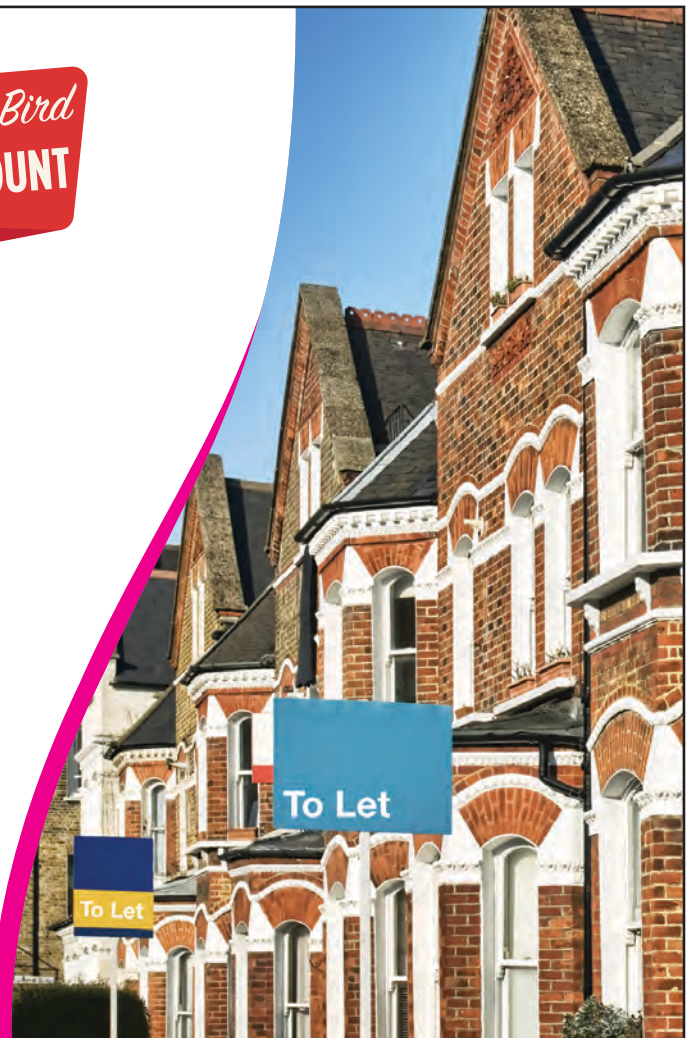
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Niyla Akhtar

Our schools are amongst the best performing in the country at all levels with teachers and staff who inspire their pupils to learn and be the best that they can be. Teacher Niyla Akhtar was one such pupil who is now inspiring her students in the same way she was motivated by her teachers.

“Strong language skills...set you aside from the crowd.”

Niyla, 28, is Head of Year and teaches languages at Plashet School in East Ham. She is a former pupil of Langdon School in East Ham.

As a child she wanted to become a lawyer but her ideas changed when she started secondary school. She was taught French and German and discovered that she had a passion for languages.


Having also been taught Urdu by her mother since the age of three, Niyla achieved A* at GCSE in the subject while in Year 9. At school she put in extra hours of study to get A* grades in French and German within 18 months.

She said: “I was fascinated by the fact that my language teachers, Ms Master and Mrs Saund, were both of a similar background to me and had learned these languages and were teaching them. As a student I was offered many opportunities to

attend visits abroad and take part in competitions. The diversity and prospects in Newham are like no other. Studying here undoubtedly had a massive impact on my achievements.”

While studying she also realised her long term aspirations had changed; at first she had wanted to pursue a career in law, but then aspired to become a translator, a journalist or a teacher.

Niyla graduated from Queen Mary University of London in 2011 with a degree in Law with German Language. She said: “I was torn between going to study a legal practice course to become a solicitor or to follow my passion and choose a career in languages.”



Teacher is inspiring by example

Her career choice was also influenced by the fact she had also spent a year studying International Law in Berlin. She said: “At that time it was taboo in my culture for a young lady to live alone abroad. Fortunately, my parents were very understanding and supported my studies abroad. It was one of the best experiences of my life and opened up so many doors for me.”

Niyla opted to follow a teaching career and utilise her language skills. She has also written two books focusing on a character who shares her passion for languages and tackles some of the same issues she faced.

Girl Untranslated, was published in March 2017 and was followed by Girl

Undiscovered. Both feature Maryam, a Pakistani girl from east London who has a love of languages and wants to travel the world. To do this she has to overcome and reject what would normally be expected of her by her family and her culture.

Being both a former student and a teacher in Newham, when writing her books Niyla was able to use her understanding of the challenges faced by youngsters in the borough.

She said: “Strong language skills are an asset that will promote a lifetime of effective communication, broaden travel and employment opportunities and set you aside from the crowd. It helps us to connect with other people and their cultures. This is why I chose to write my books

“At that time it was taboo in my culture for a young lady to live alone abroad. Fortunately, my parents were very understanding and supported my studies abroad. It was one of the best experiences of my life and opened up so many doors for me.”

and to motivate youngsters to study languages.”

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To find out more call **0300 124 0123[†]** or visit
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The Mayor with PRS staff and some of the new sweepers



Making a clean sweep

Newham Council and its new employee-led small businesses are investing in improving your neighbourhoods because you have told us you want to live in a tidy borough.

Public Realm Services, one of the council's family of new small businesses, has introduced a new fleet of mechanical sweepers to serve Beckton, Custom House, Canning Town South, Canning Town North, Plaistow North, Plaistow South and Royal Docks wards. It is responsible for providing street cleansing, drains clearance and estate management services in the seven wards.

Mayor Sir Robin Wales said: "We have put resources into keeping Newham clean, targeting fly-tipping and maintaining weekly rubbish collections.

"Unlike many councils we have not out-sourced our services."

"Unlike many councils, we have not out-sourced our street cleaning services to the private sector, instead we have empowered our own staff to step up, and with these new sweepers, we are giving them the

tools to do a great job."

Doug Wilkinson, managing director at Public Realm Services, said: "We have made a significant investment in purchasing the new sweepers to improve what we are doing.

"It is a great example of how the transformation of a council service to a small business is working in Newham by being innovative. At the same time we are helping generate income for the council."

Newham
DOES MORE ►

Award for caring pupil

A student from St Bonaventure's School in Forest Gate has received a Jack Petchey Award for the caring, helpful way he supports a fellow pupil with special needs.

Year 8 pupil Romeo Pjetri, 12, was nominated

by Nick Jobbins, director of inclusion at the school, for the way he helps his fellow pupil with his work.

Mr Jobbins was touched by the way Romeo encouraged his colleague to

participate in lessons, which boosted his confidence. He was also impressed by

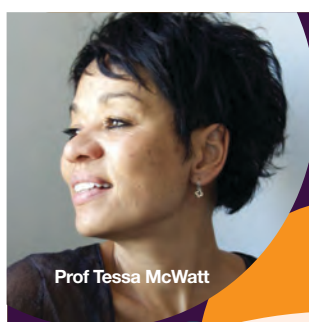
Romeo's caring nature and felt it deserved to be recognised.

Head teacher Paul Halliwell presented Romeo with a certificate from the



Jack Petchey Foundation. He said:

"Romeo is a fantastic young man to show love for a fellow student in the way he does." Romeo is deciding what to do with the prize money he will receive.



Prof Tessa McWatt

Professor made of the write stuff

A Professor of creative writing at the University of East London in Beckton has won the Eccles British Library Writer's Award.

Tessa McWatt will receive £20,000 and the use of the British Library's collections to research her upcoming memoir *Porous: A Memoir of Race and Stories*. She said: "I'm honoured and excited and cannot wait to get started to use the Eccles collections."

Tessa has written six novels and

two books for young people.

In *Porous*, Professor McWatt will trace her heritage through Britain, Europe, Africa, India, China and British Guiana.

The connection with the Eccles Centre will allow her to research her projects in the great surroundings of the British Library, and to use the centre's networks to engage with other researchers, students and members of the public.

creative writing

THE PEAK OF KINDNESS



Apprentice hairdresser Joe Dowling is aiming to set a world record by cutting hair at the top of the three highest peaks in England, Wales and Scotland while raising money for charity.

Joe, who is studying at Newham College in East Ham will climb Mount Snowdon in Wales, Scafell Pike in England and Ben Nevis in Scotland towards the end of February for Cancer Research.

He was inspired to take on the challenge after taking part in an annual fundraising event supported by Newham College for cancer survivors at Guys and St Thomas' Hospital in London Bridge.

Joe said: "I've got friends who are close to people that have been through cancer. Climbing these three mountains is something I can do to raise money for Cancer Research." You can sponsor him at <https://www.justgiving.com/fundraising/climbingbennevis1>



Book group take poems for granted



Residents inspired to write poetry at a group that began with help from a Go For It Grant from Newham Council have celebrated the launch of a book featuring their work.



The book, called 1st Anthology – Stratford Poetry Group, was launched at Stratford Library and contains poems from residents who have been attending regular weekly sessions. It has a foreword by Councillor Mas Patel.

The group is run by Colombian poet and community builder Sonia Quintero who formed the group two years ago.

Sonia has worked closely with Stratford and West Ham community neighbourhood teams to develop poetry and creativity in the community. She said: "The anthology reflects the talent within our community and shows what can be achieved when working together with the right support."

For information about upcoming poetry events contact Sonia at sonesquin@hotmail.com

Memorial to Chinese war workers

A memorial to forgotten Chinese workers who played a key part in helping Britain in the First World War will be built in Royal Albert Dock.

Around 96,000 Chinese volunteer labourers were recruited and transported to the Western Front from the UK and at least 2,000 gave their lives, but there has never been a permanent memorial to them.

One is being planned and will form part of the centrepiece of the new business district being built by Chinese developer ABP in Beckton. It is set to be unveiled in September.

It will be nine metres tall and carry carvings depicting the scenes of Chinese labourers being recruited and transported to the Western Front. John Miu, Chief Operating Officer of ABP (London), said: "We are honoured to host the UK's first public memorial to the Chinese Labour Corps."



Kids' Corner



PLEASE SEND OR EMAIL YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
or newhammag@newham.gov.uk

Don't forget to add your full name, age, address and contact number with your entry. We cannot return entries.

GALLERY



Darshan P Binu, 9



Duwa Sayeda, 7



Sara A Ahmed, 11



Sandra Mendak, 6

Tickets to Stratford Picturehouse

This issue's winner receives a free family ticket to Stratford Picturehouse, which includes a kid's popcorn and drink.

To be in with a chance of winning this prize send or email your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU** or newhammag@newham.gov.uk. Don't forget to write your full name, age, address and contact telephone number with your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.



Colour-me-in Crossword

Poem

Don't give up

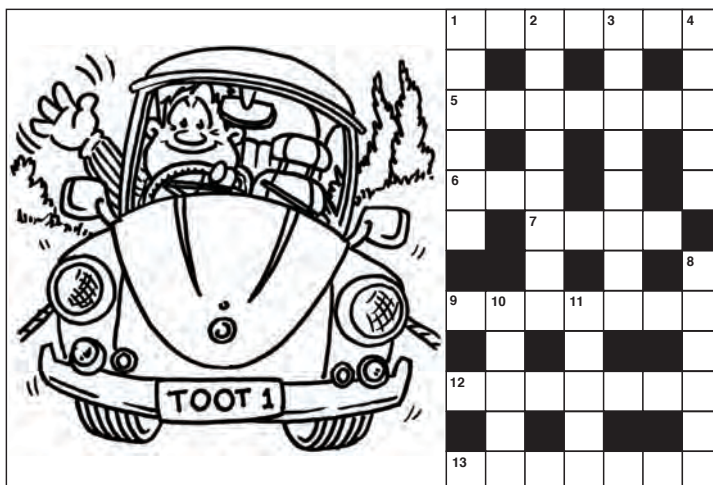
Caterpillar, caterpillar you are so beautiful.
Caterpillar, caterpillar do not give up.
Caterpillar, caterpillar you are so shiny.
Caterpillar, caterpillar one day you can fly.

Caterpillar, caterpillar turn around.
Caterpillar, caterpillar touch your toes.
Caterpillar, caterpillar dance with me.
Caterpillar, caterpillar go to sleep.

Caterpillar, caterpillar it's morning.
Caterpillar, caterpillar let's go and play.
Caterpillar, caterpillar it's so much fun.
Now that you are a pretty BUTTERFLY.

Aashvi Shroff, 6

Crossword



Across

1. Hinged covers over the engines of motor cars (7)
5. Motorists (7)
6. Long period of time (3)
7. Close to (4)
9. Take air into the lungs and then expel it (7)
12. Famous ship which hit an iceberg & sank in 1912 (7)
13. Optimistic (7)

Down

1. Nocturnal mammal with black stripes (6)
2. Person who is annoying (8)
3. Largest living land animal (8)
4. Japanese dish of raw fish (5)
8. It is used for writing in a school jotter (6)
10. Large African animal with a horn on its nose (5)
11. Conscious of (5)

WHAT'S ON?

Download our What's On app at www.newham.gov.uk/neighbourhoodevents

OUR THRILLING THREE

1

Monthly Movie Matinee - See the best of classic cinema on our large screen with surround sound. Free coffee and cake from 12pm on the last Friday of the month at Forest Gate Community Neighbourhood Centre, Woodgrange Road, E7.

2

Half-Term Fun - Chinese New Year-themed activities including martial arts, chess and an author visit by Jacqueline Silvester. From 10 to 17 February at Beckton Globe, Kingsford Way, E6. Email: CN.BecktonRoyalDocks@newham.gov.uk for more details.

3

Get Fit in the Kitchen - Start with Zumba, then cook lunch with the Food Academy for 12 weeks, on Wednesdays at East Ham Leisure Centre, Barking Road, E6.

TRY SOMETHING NEW

LIFE DRAWING

A wonderful opportunity for people with all levels of experience to explore and enhance their life drawing skills during this 10 week programme (adults only). On Wednesdays, 5.45-7.45pm, at Forest Gate Community Neighbourhood Centre, Woodgrange Road, E7.



Indicates free sessions

Libraries unless stated.

UNDER-FIVES



Storytelling

Mon, 10.30-11.15am, Custom House; **Tues, 10.30-11.30am, East Ham CNC**, **Tues, 10.45-11.30am, Tues, 1.15-2pm, Custom House & Canning Town CNC**; **Tues, 10.30-11.30am; Tues, 11am-12pm, Stratford**; **Fri, 10.30-11.30am, Manor Park CNC**; **Tues, 10.30-11.30am, Forest Gate CNC**; **Tues, 10.30-11.15am, Thurs, 2-3pm, Plaistow**; **Tues, 10.30-11.15am, North Woolwich**; **Tues, 10.30-11.30am, Beckton Globe**

Stay and Play

Support for parents and carers to develop their child through play. **Tues, 8.15-10.15am, Thurs, 8.15-11.15am, Forest Gate CNC**;

Weds, 10am-12pm, Sat, 11am-1pm, Stratford

Reading Together

Thurs, 2.30-3pm, Custom House

Baby Rhyme Time (Up to 12mths)

For babies and parents to enjoy songs, develop communication skills through sign. **Weds, 12.30-1.30pm, Manor Park CNC**

Triple P Parenting

Parenting techniques for children aged 18 months plus. **Tues, 5.30-7.30pm, East Ham CNC**; **Weds, 12.45-2.45pm, Manor Park CNC**

Bumps and Bundles Group

Interactive session for parents and carers of babies under 18mths. **Mon, 10am-12pm, Stratford**

Music and Movement

Tues 9.30-10.15am, Plaistow

Bumps and Babies

For babies under 12 months **Fri, 1-3pm, Forest Gate CNC**

Playdoh Club

Develop skills including cognitive, fine motor, hand eye coordination, social, literacy and numeracy with playdoh. **Sat, 11.30-12.30pm, Green St**

Bubble Time and Nursery Rhymes

A free interactive session designed for children to engage with one another. **Sat, 11.30-12.30pm, Green St**

YOUNG PEOPLE



Chatterbooks (7-12)

A new book club to inspire young children to read for pleasure. **Sat, 2.30-3.30pm, Plaistow**; **Weds, 5-6pm, Forest Gate CNC**; **Tues, 4-5pm, North Woolwich**, **Mon, 4-5pm, Custom House**; **Mon, 4-5pm, Custom House & Canning**

Town CNC, Mon, 4-5pm, Beckton Globe; **Mon, 3.30-4.30pm, Manor Park CNC**; **Sat, 3-4pm, Custom House & Canning Town CNC**; **Weds, 4-5pm, East Ham CNC**; **Chatterbooks Family Arts and Crafts, Fri, 5-7pm, Chatterbooks Express Yourself, imaginary play, (5-12yrs), Sat 11am -12pm, East Ham CNC**

Arts and Craft Workshop (6-12yrs)

Sat 2-3pm, Custom House & Canning Town CNC; **Sat, 2-3pm, Custom House**; **Sat, 1-2pm, Green St**; **Sat, 2-3pm, North Woolwich**; **Tues, 3.30-5pm, Sat, 11am-12.30pm, Plaistow**; **Tues, 4-5.30pm, Forest Gate CNC**

East Ham IT Youth Zone

Support in using IT for homework and fun. **Mon, 4.15-6.15pm, East Ham CNC**

Family Movie Club

Sat, 3-4.30pm, Green St (up to 12yrs); Sat, 2-4pm, Plaistow; Sat, 5.30-7.30pm, East Ham CNC; Thurs, 4-7pm, North Woolwich; Fri, 4-6pm, Forest Gate CNC; Sat, 2-4pm, Beckton Globe

Lego Club

Create Lego models based on weekly themes. Sat, 3-4pm, Forest Gate CNC; Sat, 2-3pm, Green St

The Chill Spot (11-19yrs)

Activities include table tennis, discussions, creative workshops. Mon, Weds, 3.30-6pm, Stratford

Code Club (7-11)

Scratch, Python, cartoons, websites and more. Booking required. Sat, 10-11am for beginners or 11am-12pm for improvers, Custom House, Tues, 4-5pm, Green St; Sat, 1.30-2.30pm, Beckton Globe

Youth Works

Taekwondo, Sony PS4, careers, chill zone, healthy living and other activities for ages 11 to 19. Weds, 5.30-8.30pm, Thurs, 5.30-8.30pm, Katherine Rd C.C.

Homework Club

Study support from volunteers. Age: Varies site to site. Fri, 4-5pm, Beckton Globe; Mon, 3.30-5pm, Sat, 10.30am-12.30pm, Plaistow; Fri, 4-6pm, Custom House & Canning Town CNC; Fri 4-5pm, East Ham CNC; Mon, 3.30-4.30pm, North Woolwich; Mon, 4-6pm, Stratford; Sat, 10.30am-12.30pm, Forest Gate CNC

Street Dance (13-19yrs)

Learn Street Dance and develop new skills and fitness every week. Mon 4.30-5.30pm, Plaistow

Tae Kwondo Classes

Free classes for 4-14-year-olds. Sat, 12-1pm, Custom House & Canning Town

CNC, 18 Rathbone Market, Barking Road, E16. Contact Master Khan on 07984684805 or email: Khanqublackbelt@yahoo.co.uk

Family Wallball

Come along for some fun for all ages and all the family and introduce yourself to a fun social activity involving left to right co-ordination using a ball. Sat, 10.30-11.30am, Green Street

Half-Term fun

Children and families can join in with free fun activities between 2.30 and 4pm. Mon, 12 Feb – Kids Yoga, Tues, 13 Feb, Chess Club, Weds, 14 Feb, Valentine's Day craft, Thurs, 15 Feb, Martial Arts, Fri, 16 Feb, Movie Time and Sat, 17 Feb, Creative Art time. Animal Arts and Crafts, Mon, 12 Feb and Tues, 13 Feb, 11am-2pm, East Ham CNC

Nature and Gardening Activities

Weds, 14 Feb, 2-5pm, East Ham CNC

Chatterbooks Party

Families (accompanied children only). If you love books then join us on Valentines Day for our Chatterbooks party. A fun filled event with games and activities for children aged five plus. Weds, 14 Feb, 2-5pm, East Ham CNC

Lego

Thurs, 15 Feb, 11am-2pm, East Ham CNC

Giant Games

Join us for puzzles, board games and giant games in the children's area. Thurs, 15 Feb, 2-4pm, East Ham CNC

Family Fun Day at Central Park

Fri, 16 Feb, 12-4pm

ACTIVITIES AND SUPPORT



Chess Club

Tues, 4.45-6.15pm, Beckton;

Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham CNC; Thurs, 5.30-7.30pm, Stratford; Tues, 1-2pm (adults), 5.30-7.30pm (children), Forest Gate CNC; Thurs, 5-6pm (beginners), Thurs, 6-7pm (improvers), Custom House; Weds, 6.30-7.30pm (adults), 5.30-6.30pm (children), Custom House & Canning Town CNC; Weds, 5.30-7.30pm, Green St; Weds, 3.30-5pm, Plaistow

Coffee Mornings

Mon, 11am-12.30pm, North Woolwich; Thurs, 10.45am-12pm, Custom House & Canning Town CNC; Tues, 11am-12.30pm, Custom House, Third Tues of the month, 10.30am-12pm, Plaistow; Tues, 11.30am-1pm, Beckton

Do It Online (18yrs+)

Computer classes. Weds, 10am-12pm, Stratford; Tues, 2-3.30pm, North Woolwich; Thurs, 1.15-2.15pm, Custom House, Weds, 10am-12pm, Plaistow; Mon, 1-2.30pm, Custom House & Canning Town CNC; 1.30-2.30pm, North Woolwich; Fri, 2-3.30pm, Beckton

Life in the UK Classes

12-week course to support prospective candidates who wish to take the life in the UK test and B1. Contact 020 8542 3904 for information. Weds, 12.30-2.30pm, Fri, 10am-12pm, Plaistow; Fri, 12.30pm-2.30pm, Green St; Weds 10am-12pm, East Ham CNC; 12.30-2.30pm, Stratford; 10am-12pm, Beckton

English Conversation Club

Practise spoken English. Mon, 6-7.30pm, Weds, 10.30-11.30am, Manor Park CNC; Thurs, 3-4pm, Rabbits Rd Institute; Sat, 10am-12pm, Stratford; Mon,

10-11am, Jeyes C.C; Mon, 10-11am, Plaistow; Third Thurs of the month, 10.30-11.30am, Green St

Poetry Group (16+)

Sat, 11am-1pm, Mon, 6-7.30pm, Stratford; Weds, 6-7.30pm, East Ham CNC; Tues, 2-3.30pm, Jack Cornwell C.C. email sonesquin@hotmail.com

Creative Writing and Poetry Group (16+)

Thurs, 6.30-7.30pm, Custom House & Canning Town CNC

Pop In Bingo (18+)

Come and join with your local community and get ready to shout Bingo. £1 per book. Tues, 1-2pm, North Woolwich

Book Club and Creative Writing Group

Hosted by Vaseem Khan, author of The Baby Ganesh Detective Agency Series. Ages 15+. Tues, 6-7.30pm, Manor Park CNC

Adult Reading Groups

Come and talk about your favourite books and discover new writers. Third Sat of the month, 11am, Custom House; Third Thurs of the month, 6.30-7.30pm, East Ham CNC

National Careers Service

Find out about different careers and what qualifications or skills you require. To book appointment call 07415241941. First and third Thurs of the month, Stratford

Memory Lane Café

People with dementia and their carers can come together and share experiences, exchange information and socialise. Last Thurs of the month, 1-3pm, East Ham CNC

Together We Can

Fortnightly social group for

adults under 50 who have had a stroke. [Fri, 2-4pm, Plaistow](#)

Dominoes (13+)

If you're new to domino games, or just need a brush-up on the basics come and join in. [Sat, 2.30-7pm, Beckton](#); [Weds 2-4.30pm, Mon 1.30-4.15pm, Beckton C.C](#); [Fri, 6-10pm, Forest Lane Lodge, Forest Lane Park, Magpie Close, E7](#)

Dementia Cinema

Aimed at dementia patients. Refreshments provided. Cost is £4 although carers go free. Advance booking is required for wheelchair users. [Last Monday of month, 12.30pm, Stratford Picture House, Gerry Raffles Square, E15.](#)

Citizens Advice Sessions

Free advice sessions on money management, energy saving tips as well as debt and income maximisation. By appointment only. [First Mon of the month, 11am-1pm, Manor Park CNC](#)

Skills For Life

Sessions run by Step-up community education, free English classes which include speaking, listening, reading and writing. [Tues, 10.30am-12.30pm, Weds, 10.30am-12.30pm and 5.45-7.45pm, Thurs, 5.45-7.45pm, Green St](#)

Workplace Drop-Ins

For Newham residents looking for employment to discuss job vacancies and training. [Thurs, 22 Feb, 3-5pm, Manor Park CNC](#); [Thurs, 22 Feb, 2-5pm, Custom House & Canning Town CNC](#); [Weds, 21 Feb, 3-5pm, East Ham CNC](#); [Weds, 21 Feb, 2-4pm, Stratford](#). For more information, email: Rehana.b@newham.gov.uk

Hatha yoga

[Mon, 7.30-8.30pm, East](#)

London Rugby Club, 71 Holland Road, E15. Introduction price: 5 classes for £25 or £8 per class or £32 for 5 classes. For more details, email info@im-maui.com

Grants Surgery

Advice session for residents wanting to be a Community Builder, or apply for a Newham Let's get the Party Started or Go For it Grants. [Weds, 11am-12pm, Green St](#); [Tues, 11am-12pm, Forest Gate CNC](#)

Active Centre Over 50s

Social club with Dominoes and card games. [Weds, 12.30-4pm, Forest Gate Learning Zone](#)

Help Keep Forest Gate Clean

Join your community and help make a difference to your neighbourhood. Activities will include fly poster removal, litter picking and reporting larger issues such as fly tipping, via the Newham App. [Last Thurs of the month, 10am-12pm, Forest Gate CNC](#)

ICT Drop in

Support with emails, My Newham, Parking permits. Drop in session. [Tues, 11am-12pm, Green St](#)

Getting more from your Library membership Card

Session for introducing users to e-books and Online resources which are free with your Newham Library card. [Mon, 11.30am-12.30pm, Fri, 11.30-12.30pm, Green St](#)

Positive life Skills

Increase your self-esteem by knowing yourself and learn positive life skills for new opportunities taught by experienced coach, free, for 15 years and over. [Sat, 11am-12.30pm, Manor Park CNC](#)

Creative English

Free programme of English speaking and listening

lessons from the 'Faith in Action' charity. Topics covered by trained teachers are practical situations you will need every day. Suitable for beginners who need functional English skills. Women Only. [Weds and Thurs, 1.30-3pm, Tues, 1.30-3pm, Green St](#)

COMMUNITY ACTIVITIES



Newham Super Choir

All ages. [Tues, 10.30am-12pm, Beckton C.C](#)

Beckton Women's Group

Enjoy a variety of skills including sewing, fruit decorating and dancing at a cost of £2 per session. [Tues, 10.30am-12.30pm, Beckton C.C](#)

A1 Judo Club

Get fit while learning a martial art at judo sessions on Mon, Weds, 6.30-7.30pm for children (£6 per session) and 7.30-8.30pm for women (£5 per session) at Flanders Community Centre, in Napier Road, East Ham.

UK Wallball

Fun activity for the whole family. For more information, contact Shareen Akhtar on 0794 6540970 [Sat, from 10.30-11.30am, at Green St Library, 337-341 Green St, E13.](#)

Unity Zumba

[Mon, 8-9pm, at Flipout, 281 Barking Rd, East Ham](#); [Tues, Thurs, 8-9pm, St Mark's C. C.](#) £5 per session.

Chai & a Chat

The Larder Café and East Ham CNC present Chai and a Chat an evening of spoken word, acoustic music and poetry. For more information please contact East Ham CNC. [Mon, 26 Feb, 4.45-7pm](#)

Health is wealth

Women's health based group. For more information please contact

healthiswealthproject@outlook.com [Last Monday of the month 12-2pm, Beckton Globe](#)

Career Progression Hub

To book call 020 7476 1666 [Weds, 3.30-7.30pm; Thurs, 2.30-4.30pm; Fri, 1-4pm at RDLAC, Albert Road North Woolwich E16](#)

Self defence and fitness

[Fri, 8-9am, East Ham CNC](#)

BOXING AND SELF DEFENCE



Boxing and Self Defence

[Tues, 5-6pm \(16+\), 4-5pm \(6-11yrs\), Jack Cornwell C.C.](#)

West Ham Boys ABC

[Mon, Weds, Fri, mixed \(8-16yrs\), 5-6pm, Sat, boys \(6-11yrs\), 10-11am, girls \(7-16yrs\), 11am-12pm, £2. 2 London Rd, E13.](#) Call 020 8472 3614

Martial Arts (adults)

Learn new skills, self defence. Adults, £3. [Thurs, 6-7pm, Beckton Globe](#)

Martial Arts

For children aged 6 to 13 with a professional teacher. £2. [Mon, 6.30-7.30pm, Tues, 6.45-7.45pm, Thurs, 4.45-5.45pm, Beckton](#)

Women's Boxing

[Mon 9.15-10.15am, Katherine Rd C.C.](#)

Taekwondo (4-14)

Learn new martial arts skills. [Sat, 12-1pm, Custom House & Canning Town CNC.](#)

Introduction to Taekwondo and self defence

Children and young peoples club for ages 4-14. Booking is essential. 10-week programme. To book, contact Green Street Library on 020 3373 0857 or email CN.Greenstreet@newham.gov.uk [Fri, 6.45-7.45pm, Green St](#)

HEALTH AND FITNESS



Salsa Dancing (18yrs+)

Mon, 3.15-4.45pm, Beckton C.C.; Sat, 6-7.30pm, Stratford; Sat, 2.30-4.30pm, Forest Gate CNC; Thurs, 6-7.30pm, Beckton Globe

Yoga

Free. Mon, 6-7pm, Beckton; Weds, 6-7.30pm, £2, East Ham Town Hall; Thurs, 8-9am, East Ham CNC; Sat, 10am-12noon, £1; Mon, 4.30-5.30pm, for 13+, Plaistow; Thurs, 6.15-7.45pm, Thurs 8.15-9.15am, (over 50s) Forest Gate CNC; Fri, 8.05-8.45am, Custom House & Canning Town CNC; Thurs, 6-7.30pm, Stratford; Tues, 1.30-2.30pm, £1, Mon, Tues, 6-7.30pm Green St; Weds, 12.30am-1.30pm, Katherine Rd C.C. First class £5, then £8, Mon 7.15-8.45pm, Maryland Studioz, Leytonstone High Road, E15

Stroke Club (18+) ★

For men and women living with the effects of stroke. Weds, 2-5pm, Katherine Rd C.C.

Pilates Classes (18+)

Mon, 9.30-10.30am, Jack Cornwell C.C.; Thurs, 6-7pm, Manor Park CNC; Thurs, 8-9pm, East Ham CNC

Tai Chi in the Park

(18+) ★ Forest Lane Park, E7. Meet at corner of Forest Lane and Magpie Close. Mon, 2-3pm

Modern Arnis

Filipino martial art with sticks. Tues, 4-5pm (children), Thurs, 5-6pm (women), Sat, 11am-12pm (children), Jack Cornwell C.C.

Zumba

Registration essential. Bring water and a towel, for all ages and abilities.

Mon 9.30-10.30am (£3) Fri 9.30-10.30am (£2) Over 50s free, Jack Cornwell C.C.; Fri 6-7pm (free) Custom House & Canning Town CNC; Weds, 6.30-7.30pm (free) Manor Park CNC; Tues 5.30-6.30pm (free) Stratford;

Space For Me (16+)

Health and wellbeing fitness class with friendly conversation. Women only, £2 per session. For more information, call or text 0794 983 6036 9.30-11am, Beckton Globe Youth Zone

Nordic Walking

Weds, 9.15-10.15am, Forest Gate. For more details contact Rosemary on 07787 731809

Salsa

Liven up your Friday night and join our free salsa class. All ages welcome. Fri, 6.15-7.15pm, East Ham CNC

50+ ACTIVITIES



Quadrille Dancing ★

Try this classic dance style. Mon, 1.30-2.30pm, East Ham CNC

Bingo ★

Mon, 11.30am-1.30pm, Beckton C.C.; Mon, 12-4pm, Jeyes C.C, Thurs, 7-9pm, Jack Cornwell CC

Active Centre Group ★

Mon, Weds, Fri, 1.30-4pm, Beckton C.C.

Dominoes Group ★

Weds, 1.30-4.30pm, Plaistow

Get Active, Get Healthy,



and Exercises for Fitness Thurs, 11am-12pm, Jack Cornwell C.C.

Tone-Tastic ★

Exercise class for over 18s. Mon, 2-3pm, Forest Gate CNC

Chair Based Exercise

For all fitness levels. Fri,

10.30-11.30am, East Ham CNC; Tues, 12.30-1.30pm, Manor Park CNC; Mon, 10.30-11.30pm, Green St; Mon, 12.30-1.30pm, Jeyes C.C.

Fitness ★

Fitness circuit, mixed, 9.15-10am, Thurs; Fitness circuit, mixed, 10-10.45am, Thurs; Zumba, 1-2pm, Tues, ladies only; Exercise for ladies, 9.30-10.30am, Fri; Exercise for ladies, 10.30-11.30am, Fri, yoga for ladies, 1-2pm, Fri. Katherine Rd C.C.

Games and Friendship Club

Chat and make friends over games and a cuppa. Thurs, 11am-1pm, East Ham CNC

Zumba

Women only session. Tues, 1-2pm, Katherine Rd C.C.

Singing for Health

Variety of music styles. Tues, 2-3.30pm, Jack Cornwell C.C.

Bollywood Moves

Women only. Mon, 10.30-11.30am, Thurs, 11-12pm, Katherine Rd C.C.

Ballroom Dancing

Join Stratford Latin and ballroom dance classes. Mon, 12-12.45 for beginners, 1-1.45pm for advanced, Carpenters and Docklands Centre

Get Active, Get Healthy,



- Line Dancing for Fitness

Age: 50+ Come along and learn the choreographed dance of line dancing. Thurs, 10.30-11.30am, Bryant St C.C.

Smart Project

Social Group for the over 50s. Join in with a lively discussion, social networking and refreshments. Thurs, 11am-1pm, Jeyes C.C

Fitness Exercise for men

Fitness exercise for 50+ men only. Thurs, 2.30-3.30pm, Katherine Road C.C

Tea dance ★

Weds, 2.30-4pm, Custom House & Canning Town with live music.

Bollywood Dance ★

Dance class for the over 50s. Thurs, 2-3pm, Forest Gate CNC

Fit Steps

Dance class for all abilities. Tues, 11am-12noon, Forest Gate CNC

Line Dancing

For the over 50s, £1 per session. To book, call 0206 476 1666. Royal Docks Learning & Activity Centre, Albert Road, E16

Home Creations Craft Group

Come and make a beautiful decoration for your home using recycled objects and craft materials. Mon, 10.30-12.30pm, East Ham CNC

GREEN



Green Volunteering

Tues and Thurs, 10am-2pm Silvertown, Wy, E16 (opp. Hallsville Rd)

Caravanserai Garden Volunteering

For information call 07773 863384 Thurs and Sat, 11am-3pm, Silvertown Wy, E16.

Greenway Orchard Volunteering

Join the Green Gym and get gardening. Greenway at the access point on Boundary Rd, E13 Thurs, 11am-2pm

Pit Stop Gardeners+

Join our group of community gardeners led by Project Green Thumb with a range of different sites and gardens to visit across East Ham. Weds, 9.30am-12pm, beginning 21 Feb, East Ham CNC

FEMALE SPORTS

Basketball Sessions

Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20

Modern Arnis Martial Arts (16yrs+)

Tues, 5-6pm. Call 07473 030 250, Jack Cornwell C.C.

Get Back into Netball

Tues, 6-7.30pm, juniors; 7.30-9pm, seniors. £5. Lister Community School, E13 Email: opanetballclub@hotmail.com

Female Only Zumba

Tues, 6-7pm, Forest Gate Community School, Forest Ln, E7. Thurs, 6.30-9pm, The Well C.C., Vicarage Ln, E6. £1. Call 07741 292893; Thurs, Pilates, 7-8pm, £2. The Froud Centre, Romford Rd, £12. Thurs, 10.15-11.15am, Stratford, £2.50; Mon, Weds, 6.30-7.30pm, Asta Community Hub, 14A Camel Rd, E16. £2.50

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Ability Club (14-25yrs)

Multi sports for disabled young people. Weds, 5.30-6.30pm and Fri, 4.45-6pm, NewVic, E13. Contact Paul495@btinternet.com or call 07811 671 082

RUNNING AND ATHLETICS

Beckton Park Run

Sat, 9am, Beckton Park South, E16. Call 07718 394756 www.parkrun.org/beckton

East End Road Runners

Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. Tues and Thurs, 7pm.

Sun, 9am. Call 07979 261647

Run Together

£2 unless stated. Sun, 10am-12pm, Newham Leisure Centre, E13 (meet on track). Mon, 4-5.30pm, Newham Leisure Centre, E13 (meet on track). Mon, 5.45-6.45pm, Newham Dockside, E16 (meet at reception). Weds, 12-1pm, Newham Dockside, E16 (meet at reception). Thurs, 5.15-6.15pm, UEL Docklands Campus, E16 (meet at reception). Sat, 10.30am-12pm, Wanstead Flats (meet at corner of Capel Rd and Centre Rd). Sat, 10-11.30am, Memorial Park, E15, £4 (meet at car park). Call 07718 394874

Running and Athletics

Newham & Essex Beagles Athletics Club. Visit www.newhamandessexbeagles.co.uk for more details

SPORTS

Black Arrows Badminton Club

Adults: Fri, 7-9pm, Juniors: Sat, 10am-12pm, £3.70, East Ham LC. Adults: Weds, 7-10pm, UEL SportsDock. Call 07932 037173

Adult Tennis (16+)

Sun, 10-11.30am, 11.30-1pm, Stratford Park (tennis courts), West Ham Ln, Stratford, E15 4PT Contact: playtennis@activenewham.org.uk

FOOTBALL

AIR Football (16yrs+)

Tues, 1-3pm, Fri, 10am-12pm, Memorial Park, Memorial Ave, E15. Fri, 3-5pm, Beckton Powerleague, E6. Visit www.airfootball.co.uk

Mayor's Football League

U10yrs, U12yrs, Mon, 4.30-6pm, U16yrs, U18yrs, 6-7pm, Newham Leisure Centre, E13

WHU Kicks

Mon, Tues, Fri, 4-7pm, WHUCST, 60A Albatross Cl, E6. Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12. Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15. Sat, 10.30am-12pm, Newham Leisure Centre, E13

BASKETBALL

Basketball Sessions

Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12

Senior Programme

Division 2 women and division 3/4 men. Rokeby School, E16. Mon, 7.30-9.30pm Call 07947 401616

COMMITTEE MEETINGS

Meetings take place at Newham Town Hall, Barking Road, E6, unless otherwise stated. **Tues, 13 Feb, 10am**, Licensing (2003 Act) Subcttee; **Tues, 20 Feb, 7pm**, Strategic Development Cttee, Old Town Hall, Stratford, E15; **Thurs, 22 Feb, 5pm**, Cabinet, 5.05pm Mayoral Proceedings

CONTACT THE MAYOR

Here to Help sessions

Please register 30 minutes before session starts. Tues, 20 Feb, 5pm

Forest Gate Community Neighbourhood Centre

Telephone surgery

Weds, 14 Feb. Please call 020 8430 2000 between 10am and 11am and leave your contact details.

CONTACT DETAILS

LIBRARIES & COMMUNITY NEIGHBOURHOODS CENTRES

Beckton Globe 020 3373 0853
Custom House & Canning Town CNC 020 3373 0854
Custom House Library 020 3373 0855
East Ham CNC 020 3373 0827
Green Street 020 3373 0857
Forest Gate CNC 020 3373 0856
Manor Park CNC 020 3373 0858
North Woolwich 020 3373 0843
Plaistow 020 373 0859
Stratford 020 3373 0826
Archives and Local Studies 020 3373 6881

COMMUNITY CENTRES (C.C.)

Beckton C.C. 020 7511 1214
East Ham Market Hall 020 8471 0292
Jack Cornwell C.C. 020 8553 3459
Jeyes C.C. 020 3373 2205
Katherine Rd C.C. 020 8548 9825
St Mark's C.C. 020 7474 1687
Vicarage Ln C.C. 020 8519 0235
Harold Rd Centre 020 8472 2805
Queens Market 020 8475 8971
Rabbits Rd Institute 020 3373 0858
Royal Docks Learning Activity Centre 020 7476 1666
St John's Church 020 8503 1913
St Bartholomew's Church & Centre, 020 8470 0011
The Community Resource Centre, 020 3373 2697
St. Paul's Church Centre, 020 8472 5531

LEISURE & SPORTS VENUES

Atherton Leisure Centre 189 Romford Rd, E15
Balaam Leisure Centre 14 Balaam St, E13
East Ham Leisure Centre 324 Barking Rd, E6
Newham Leisure Centre 281 Prince Regent Ln, E13
NewVic Prince Regent Ln, E13
UEL SportsDock Docklands Campus, University Wy, E16

London City Airport Aircraft Noise Categorisation Scheme (ANCS)

On December 4, 2017, the London Borough of Newham (LBN) approved a new Aircraft Noise Categorisation Scheme (ANCS) at London City Airport. Notice has been sent to interested parties to confirm that the ANCS will begin to operate alongside the existing noise categorisation scheme from 22 January 2018 for a period of 12 months. Following this 12 month period, the airport will submit a review of the ANCS to LBN in January 2019, once approved the ANCS will come into force and supersede the existing noise categorisation scheme.

The ANCS will introduce a new method of noise management that uses manufacturers' independently assessed noise certification data to categorise each

aircraft. This will mirror the approach adopted by other UK airports to control noise at night. As London City does not operate night flights, it will become the first UK airport to adopt this method for daytime flights. No noisier aircraft than currently operate at the Airport will be allowed to do so in the future under the ANCS.

For further information and a more detailed explanation of the reasons for introducing the ANCS please visit: www.londoncityairport.com/ANCS

If you have any questions on the scheme please email environment@londoncityairport.com or write to ANCS, City Aviation House, Hartmann Road, E16 2PB

ROYAL DOCKS TRUST FUNDING FOR COMMUNITY PROJECTS 2018/2019



The Royal Docks Trust invites voluntary and community organisations, which serve the Docklands area of Newham (south of the A13 Newham Way), to apply for funding.

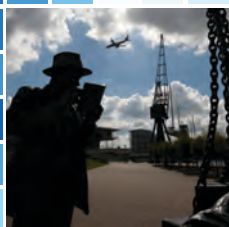
Priority will be given to projects that:

- contribute to the growth of personal, community and economic resilience in the area of benefit
- enable the community and voluntary sector to provide services contributing directly to the regeneration of the area and access to jobs
- include youth work and cultural, sports and leisure activities for children and young people
- benefit older people and/or disabled people and present sustainable opportunities to improve quality of life
- demonstrate value for money
- maximise long term benefits for local residents

For further information and an application pack, please contact John Johnson on 020 7277 8667 or email: John.d.johnson@btinternet.com

www.royaldockstrust.org.uk

**Closing date for applications:
5pm on Wednesday 28th February 2017**



Ignorance is no excuse

You will be fined for using illegal waste disposal services.



**"Newham has issued more £400 fines for
fly-tipping than any council"**
Sir Robin Wales, Mayor of Newham
www.newham.gov.uk/flytipping